Harnessing the Law of Attraction

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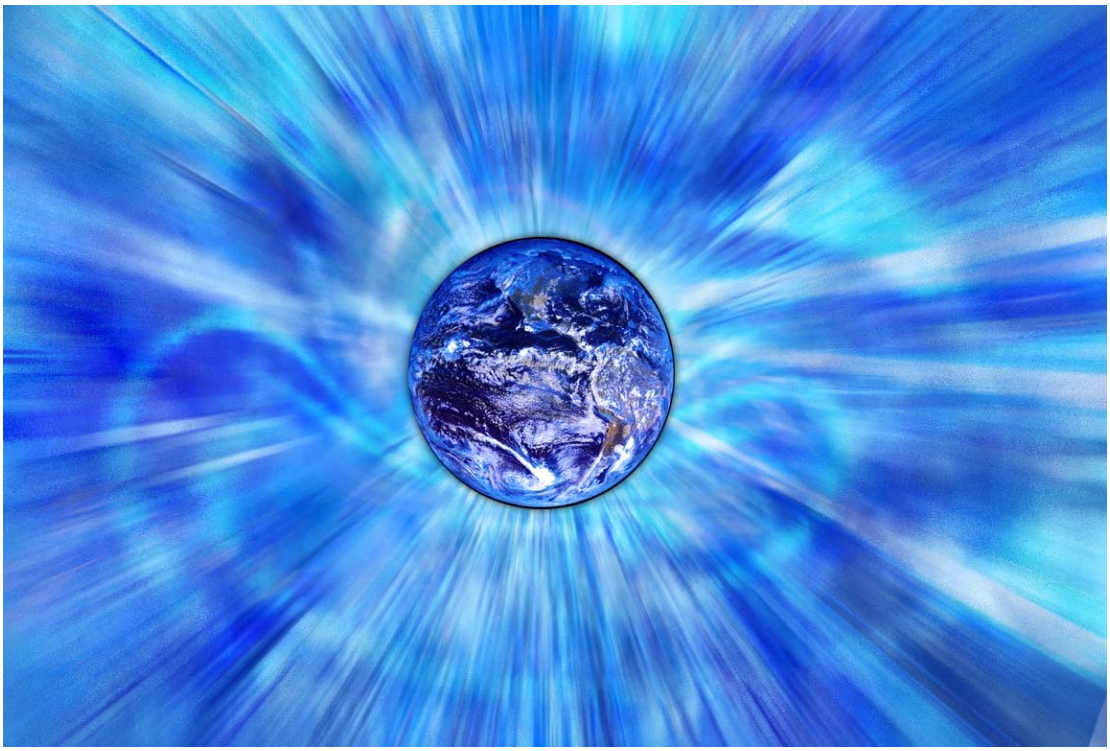

A multidimensional guide featuring highlights of the
Prosperity from the Inside-Out System

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The Law of Attraction: the Basics

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Although most of us have been taught that we exist in a mechanistic universe, current scientific thinking (in quantum physics, chaos theory, non-linear mathematics, etc.) validates that we function more like magnets and radio transmitters than like machines.

In other words, it's all about "vibration."

Despite what our eyes would lead us to believe, nothing ever stands "still." Walls, chairs and even rocks are composed of electrons, which are moving at astounding speeds.

The speed of the movement (vibration) determines whether something will be visible (slow moving vibrations = matter) or not visible (fast moving vibrations = light, sound, x-rays, etc.)

Although you may consider yourself to be a solid mass moving about through time and space, in truth you are a field of energy which is vibrating at many different frequencies and sending out energetic messages on a continual basis.

Every thought, feeling, word and action we express carries a vibration and that vibration attracts other like vibrations. Many understand this principle as the Law of Attraction.

Just as the Law of Gravity defines how physical matter will be bound to the magnetic field of the earth, the Law of Attraction defines how energy fields of a similar vibration will be drawn (magnetized) together. Explained in its simplest form, the Law of Attraction guarantees that "like attracts like."

As the Law of Attraction is running the show (even in our ignorance of it) we are, in every moment, attracting to us based on the vibrations that we are radiating.

The question is: are you doing this attraction on purpose or are you doing it by default?

Attracting by default is akin to sending out a mixture of energy signals - some related to experiences that you want and some related to experiences that you don't want - and then receiving back a seemingly random mix of desirable and undesirable outcomes.

Once you understand how the Universal laws work, you can use them to deliberately attract what you DO want.

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Three Steps to Deliberate Creation

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As like energies attract, the key to attracting a new desirable experience into your life is to send out energy as if this is already the truth of your current experience.

And, as the Universe (and your unconscious mind) can't tell the difference between energy radiating outward in response to real life circumstances and energy sent out in response to vivid imagery, by envisioning yourself circulating energy from a place of true prosperity, you will be bringing yourself into vibrational harmony with an increase in your "real world" prosperity.

According to the teacher Abraham (http://www.choosingprosperity.com/abraham-hicks.htm), Deliberate Creation involves a three-step process:

1. You "ask"
2. The universe responds
3. You receive

Sound simple? It is. Unless we "get in our own way."

Now we can't mess up step 1. We're always asking (if not with our words, certainly with our vibrations.) At every moment that life experience "happens to us" and we respond with a "yes, more of that" or a "no, not that," we propel desire out into the Universe.

And step 2 is guaranteed. The universe is well organized, totally predictable, and its laws are absolutely consistent.

So if step 1 and step 2 happen without fail, why do so many of us have the experience of asking for things that never show up?

The answer is: blame it on "step 3." Step 3 gives us the most trouble.

You see, you are asking all of the time and the universe is always answering – but, if you do not trust that what you want is on its way to you, you may not be "letting it in."

This lack of trust, along with our "scarcity mentality," is the foundation of the old paradigm of "human being separate from the flow of universal energy." As we consider ourselves to be separate from the flow, we are blocking the Universe's power to deliver on our requests.

** Sections of this e-book have been excerpted from 'The Prosperity Game Handbook'. Free online game and e-book download at http://www.choosingprosperity.com/game

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Your Vibrational Meter

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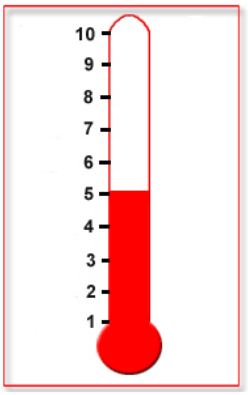
Vibrational Meter



What is it? Your vibrational meter is a tool for ascertaining a measurable felt sense of your emotional states. In a very real sense, it's a way to measure your current feeling state in any given moment.

Where is it? You might be able to envision the vibrational meter or you will sense it internally at the core of your being. In other words, the vibrational meter can always be accessed within your heart where the truth resides. Some of you might be better at visualization and will be able to "see" it in your mind's eye. Others of you are by nature more kinesthetic and will sense how you feel on the vibrational scale by tuning into your body. You might get a sense of where you are vibrationally by monitoring your heart or your "gut."

Why is this tool valuable? Initially, the vibrational meter gives you a numerical starting point for what you are currently feeling. In the process of getting your rocket off the ground, you are here and you want to be there.

With the tools and principles that we are providing you in this class to get from here to there, your vibrational meter is also one of the best ways to measure your progress. First, you determine your baseline measurement. Then, after you process and release your limiting beliefs and blocks to launching your desire with the exercises provided, you can then use the vibrational meter to see if you have amped your desire and lowered your resistance. Using this convenient tool, you will connect with your body's intelligence and your intuitive wisdom. Your body and your intuition will never let you down. An added benefit of the vibrational meter is that it builds your trust of your inner knowing.

How does this tool work? For ease and simplicity, the vibrational meter is calibrated on a scale of 1 to 10. 1 is the lowest, slowest energy. 10 is the highest, purest, fastest vibration.

For the purposes of this class, one of the ways we will use this tool is to measure both our energy position before our "tapping" process and then again after the process to measure improvement in your feeling states.

Be easy with yourself – no pushing - just let the information from your vibrational meter emerge gently. You have everything you need within you to up-level your internal emotions and your vibrational meter will help you achieve your highest feeling state. Basically, we simply want you to feel good! When you feel good, this is the most attractive feeling state for creating in the direction of your heart's desires.

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EF&H © Stress Release Process

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Once you have figured out where you are with harnessing the power of attraction using the vibrational meter, you can then easily release any blocks to the flow of attraction with this simple 2 point meridian tapping therapy release. This exercise is based on the meridian therapy known as Emotional Freedom and Healing (EF&H), developed by Richard Ross http://www.emotionalfreedom.com/ . It is an experiential emotional release and integration process. This stress release process is just one of the many forms of meridian therapy techniques that are used by coaches, therapists and people in the Western and alternative medical fields worldwide.

E,F&H essentially combines acupressure – tapping or rubbing or steady pressure on certain points of the upper body with 1, 2 or 3 fingers combined with a statement or statements of any limiting beliefs you want to be released. Then, at the end of the statement, deep breathing is used to profoundly support the release. In essence, you by-pass the programmed mind of the intellect and access the body's intelligence effecting release at a cellular level.

The process is as follows:

- This short version of the process only involves 2 points:
  1) The first point is called the heart point which is a tender or sensitive spot located above the left breast somewhere underneath the collar bone. Feel underneath the collar bone going toward the shoulder until you find a spot that is more tender or sensitive than the area around it. You will then rub that spot with 3 fingers in a small gentle circle.
  2) The second point is a bony protrusion on the back of the head located where the skull meets the top of the neck in the middle of the occipital bone that runs from ear to ear. You can tap or rub or simply put steady pressure on this point.

For the release of what is stressing you, focus on the problem or limitation or issue that you are currently dealing with and gently rub on the heart point affirming any and all of the following statements:

"I intend and command and now let go of all programmed limiting beliefs I've taken on in this lifetime."
"I release, let go, transmute and clear all aspects of my issue now & forever."
"I now let go of all the fears and thoughts pertaining to the issue that never belonged to me in the first place."
"I revoke, rescind and release all agreements, all bonds, all contracts that are no longer in alignment with my true life purpose."
"I am entitled to miracles in my life now."

(When you are complete with your statements, stop rubbing the spot and gently hold the point, taking a full breath in and out.)

Now for the affirmations!

Either gently tapping with a couple of fingers or using your entire hand to bring pressure to the bony protrusion on the back of the head, affirm any or all of the following statements (you can be creative with these affirmations):

"I am one with Source Energy."
“I choose to be a magnet for attracting in my good.”
“I allow into my life all that I want with ease and grace”
“I choose to be confident and rely on my inner strength”
"I choose to love and approve of myself."
"I choose to accept love, help & healing"
"I choose to have it be safe to show up fully in the world now."
"I now invoke a new contract to live a life of peace & joy & prosperity."
"I choose to live fully in the flow and have fun."
"I choose a way of being that serves me perfectly now & in the future & forever"
So be it!
So it is!

(Again, once you are complete take a deep cleansing breath in and out.)

*** Please note – Be creative with this process. You can revise the wording the reflect your preferences. Any issue unique to you can be plugged into this process.

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Core Points

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CREATING PROSPERITY FROM THE INSIDE-OUT

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1. Your outer manifestations always mirror what is going on inside you.

2. When you change your inner programming, the external results will change accordingly.

3. If you don't have something that you want, it is because you are not energetically (mind-body-Soul) aligned with it.

4. If you have something in your life that you don't want, it is because right now you are in energetic alignment with it.

5. Whether you want something you do not have, or you have something that you do not want, when you learn to consciously shift your energy you will attract totally different results.

6. The laws of the universe are totally clear and absolutely consistent!

7. To change your attraction: 1st) Get clarity about what you want, 2nd) Align your energy with it, and 3rd) Commit to receiving it and it will be yours.

8. Simply knowing something on an intellectual level gives you very little power. When you take a truth and internalize it so that it becomes who-you-really-are on a cellular level, you will radiate that truth outwardly and your entire experience of life will be changed.

9. The fastest way to block your efforts to create the life you love is to get caught up in a negative energy spiral. Any action taken from a place of lack (fear, anxiety, poor self-esteem, separation/scarcity consciousness) will be motivated action (pushing fear/discomfort away) and will be counterproductive.

10. The fastest way to propel yourself towards the manifestation of your dreams is to:

- learn the intricacies of the universal laws
- consciously line up your energy with what you want and
- take action (positive, flowing, enthusiastic action) from a place of inspiration (pulling your good towards you) rather than motivation

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Abraham Quotes

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"The Law of Attraction, the most powerful Universal Law, is your friend.

By the Universal Law of Attraction (that which is like unto itself is drawn), you are attracting the essence of whatever you are giving your attention to -- wanted or unwanted." -- Abraham-Hicks

"When you find things that you appreciate and you use them as your point of focus, your world has to get better on all other fronts.

You could have 99 things going wrong in your life and one thing going right, and if you would beat the drum of that one thing going right, the other 99 would either have to go away, or improve, because Law of Attraction cannot abide in your vibration something that does not match.

You cannot feel good and be sick at the same time. You cannot appreciate something and blame something at the same time.

As you begin to practice, with a deliberate orientation, your vibration that feels good while you practice it, your life has to get better--Law of Attraction says that it must."
-- Abraham-Hicks

"99% of your creation is complete before you begin to see the evidence. In other words, you've lived life, you've launched rockets, source has received your rocket, law of attraction has acted on your rocket, actualization is beginning to form around your rocket of desire, but there's no physical evidence yet. So if you're counting on the physical evidence before you cheer up, then you have a sort of gap, don't you.

Physical friends will say, 'Well, Abraham, if I could be over there I would feel so much better.'

And we say, 'We know. But you've got to feel better before you can get over there.'

And they say, 'Can't I just be the one exception in all of the universe? Can't you just make it better? Can't you change the circumstance so that I can feel better?'

And we say, 'It's an inside job. You've got to find a way to shift your vibration, and then whatever it is your asking for can flow easily into your experience.'
-- Abraham-Hicks

CONTINUING ON THE PROSPERITY PATH

If you have found resonance with the material in this e-book and you have a desire to continue to move forward on the prosperity path, we suggest that you:

- Thoroughly explore our web site at http://www.choosingprosperity.com
- Register to play the one of the free versions of the Prosperity Game at http://www.choosingprosperity.com/game
- Subscribe to our free ezine, "Prosperity from the Inside-Out.

  This powerful, multi-dimensional program is designed to activate your Prosperity Consciousness. Each month you'll receive step-by-step guidance in the use of a new spiritual tool, so that you can begin creating prosperity -- from the inside-out!

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- Register for the next, free two-week trial of "The Prosperity Partnership Program" (Available internationally via teleconference technology - see description below.)
- Enlist the authors of this guide (who are also the Founder and Principal Energy Facilitator of the Prosperity Partnership) to partner with you, one-on-one, to anchor your highest future.

Elyse Hope Killoran, Certified Spiritual Life Coach, is delighted to schedule private coaching sessions (by telephone) with individuals who are ready to commit to anchoring their highest futures. For more information about Elyse (her background, coaching style & personal story) visit: http://www.choosingprosperity.com/elyse.htm

Max Wellspring is a Certified Spiritual Coach and Emotional Freedom Facilitator who also works with clients individually via telephone to co-create all that's necessary to live in alignment with their true-life purpose. To learn more about Max and her coaching practice, please check out http://www.thewellspringsolution.com/meetmax.html

The Prosperity Partnership

A Powerful Intentional Community Experience
of Aligning Body, Mind, Emotions and Spirit
to Awaken Prosperity Consciousness
in Every Area of Your Life!

READ what PPP participants are saying:

"Way more than I expected!! .... I really love the program! ...I really feel that I've changed at a cellular level, which I didn't 'get' when I started the program..."

"Clearly a powerful community, lead by those who 'walk their talk.' A gift to all who participate."

"I'm really impressed with the program! My life has gone into 'fast forward' and it is really making a difference."

"It has been the single best use of time and resources I've made in the last year!"

Read these testimonials and others by clicking here

HEAR what PPP participants are saying:

Rachel N. Los Angeles, CA describes how she "started the PPP with a bang" by putting her house on the market and selling it "within 5 hours, in a bidding war and walking away with an extra $100,000." Click This Link To Play The Audio Message from Rachel

Erik A. Austin, TX "I have more abundance in my life in every single form every day. I'm making more money. I have more loving relationships. I'm a more loving person. I'm healthier, I feel more at peace." Click This Link To Play The Audio Message from Erik

Duanne R. outside Austin, TX "The experiential learning, the support from the group, the consistent every week practice with my inspirational actions has literally produced results beyond my expectations and I'm ready for more." Click This Link To Play The Audio Message from Duanne

James G. - Somerset, England "What was so uppermost in my mind - financial lack, scarcity - does not exist now. I am debt free...I have had unexpected windfalls that appeared exactly when they would make the most difference...And this has come about not because of struggle, effort and intellectual endeavor... but due to the tools and practical approach of the partnership group." Click This Link To Play The Audio

For additional audio testimonials click here...

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